

THE PROGRAM

Getting Started

To begin your personal training program, please call the appropriate location or email Kathy DeBlasio, Lifestyle Enhancement Director at Kathryn.Deblasio@unchealth.unc.edu.

Policies

- Sessions are for in-person training only; any additional requests for programming will incur additional costs.
- Medical History must be completed prior to training. Forms are available online.
- Fees are paid prior to service and on-account billing must be set up.

Personal Training Staff

All Personal Trainers have four year degrees and Nationally Accredited Personal Training certifications. Several staff members are Masters educated and have specialty certifications ranging from Senior Fitness and Pilates to Athletic Training and Triathlon Coaching. Please visit the Personal Training staff wall in the main hallway of the UNC Wellness Centers or our website for photos and bios of our training staff.

Cancellation/No-Show Policy

Your appointment is reserved for you. We appreciate your understanding that in order to keep our schedules working for all of our clients, we need at least 24 hours notice for all cancellations and rescheduling. No-shows and cancellations with less than 24 hours notice will be charged the full fee.

We also offer group training classes such as triathlon training for adults and kids, endurance running, open water swim clinics, basic training, or by request.

For more information please contact the appropriate location or email Kathy DeBlasio, Lifestyle Enhancement Director at Kathryn.Deblasio@unchealth.unc.edu.



 **UNC**
HEALTH CARE

WELLNESS CENTERS
MEADOWMONT

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(919)966-5500 • www.uncwellness.com

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NORTHWEST CARY

350 Stonecroft Lane • Cary, NC 27519
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PERSONAL TRAINING PROGRAM



Mission:

To empower, educate, and enhance the lives of the people in our community through individualized fitness programming.

PERSONAL TRAINING

package details

***The Firestarter Package** - designed for those new to personal training at our facility. These three sessions include a face-to-face consult, movement assessment and one exercise plan designed specifically from this information. **The Firestarter Package is limited to one per person.**

30-Minute Training Sessions are available at an affordable price. These are great for those pressed for time or easing their way back into exercise.

Semi-Private & Small Group sessions - designed for two to five people to train simultaneously. Sessions will focus on your group's goals: increase strength, triathlon training, endurance running, women and weights, etc.

Clinical training is provided for people with special needs. It is meant to be a "step-down" from rehab services for individuals with metabolic, orthopedic, neuromuscular, or other medical challenges.

Benefits of Personal Training at the UNC Wellness Center

- Work with the area's top certified trainers.
- Personalized workouts are catered to your needs, while incorporating the most current knowledge on personal training.
- Learn how to safely progress your program to see new results.
- Multi-service packages including nutrition and massage for a comprehensive approach:
 - **Welcome to Wellness:** 1 each of training, massage, and nutrition: \$215 member, \$247 non-member
 - **Lifestyle Change:** 3 training, 1 resting metabolic rate, 1 nutrition counseling: \$312 member, \$380 non-member

CALL TODAY TO SCHEDULE AN APPOINTMENT!



Personal Training Package Options:

Member Individual

Package	Member	Non-member
1 Session	\$70	\$82
*Firestarter (3)	\$192	\$240
6 sessions	\$399	\$468
12 sessions	\$756	\$885
24 sessions	\$1428	\$1674

30-minute Sessions

Package	Member	Non-member
1 session	\$40	\$45
2 sessions	\$80	\$90
8 sessions	\$304	\$342
16 sessions	\$576	\$648
24 sessions	\$816	\$918

Member Semi-Private (2) and Clinical

Package	Member	Non-member
1 session	\$85	\$97
3 sessions	\$249	\$285
6 sessions	\$486	\$552
12 sessions	\$918	\$1047
24 sessions	\$1734	\$1980

Small Group Training (3 person Package)

Package	Member	Non-member
1 session	\$105	\$117
3 sessions	\$309	\$345
6 sessions	\$600	\$669
12 sessions	\$1134	\$1263

Small Group Training (4 person Package)

Package	Member	Non-member
1 session	\$120	\$132
3 sessions	\$352	\$388
6 sessions	\$684	\$752
12 sessions	\$1296	\$1426

**Sessions may be used for Pilates Reformer, private yoga, and triathlon swim sessions as well as training.